

Amendments to the Specification:

Please replace the paragraph beginning at page 3, line 12 with the following amended paragraph:

In one preferred embodiment, the grains include, but are not limited to, rice, barley, oat, buckwheat, adlay, millet, sorghum, sweet corn, wheat, rye, brown rice or bran; rice includes non-glutinous long-grain indica, non-glutinous short-grain japonica and glutinous rice. Among these, rice is about 10.about.90% by weight of the ground material, preferably about 25% by weight. Barley, oat, buckwheat, adlay, millet, sorghum, sweet corn, wheat, or rye is 1.about.50% by weight of the ground material respectively. Preferably, barley is about 17.5% by weight of the ground material, oats is about 17.5% by weight, buckwheat is 17.5% by weight, adlay is 17.5% by weight. Rice bran is 1~10% by weight of the ground material, preferably about 5% by weight. The legumes in the present invention include, but are not limited to, soy bean, black bean, green mung bean, small red bean or sword bean.

Please replace the paragraph beginning at page 4, line 18 with the following amended paragraph:

In one preferred embodiment, the grains include, but are not limited to, rice, barley, oats, buckwheat, adlay, millet, sorghum, sweet corn, wheat, rye, brown rice or bran; rice includes non-glutinous long-grain indica, non-glutinous short-grain japonica and glutinous rice. Among these, rice is about 10.about.90% by weight of the ground material, preferably about 25% by weight. Barley, oat, buckwheat, adlay, millet, sorghum, sweet corn, wheat, or rye is 1.about.50% by weight of the ground material respectively. Preferably, barley is about 17.5% by weight of the ground material, oats is about 17.5% by weight, buckwheat is 17.5% by weight, adlay is 17.5% by weight. Rice bran is 1~10% by weight of the ground material, preferably about 5% by weight. The legumes in the present invention include, but are not limited to, soy bean, black bean, green mung bean, small red bean or sword bean.